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May 2022

Fall Prevention

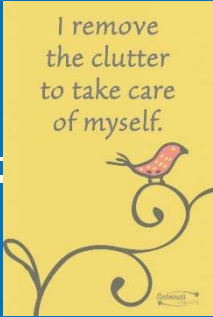
By 2060, a quarter of the U.S. population will be over 65. The program, Healthy People 2030, is working to improve the lives of older adults. There are additional risk factors to consider as we get older. Things like diabetes, osteoporosis, and Alzheimer's are more common in older adults; the group's goal is monitor these conditions and improve outcomes for our senior adults.

Another risk for older adults is that of falls. One in three adults fall every year and these falls are a leading cause of injury for the group. At HealthTexas Primary Care Doctors, we have a program to help reduce the risk of falls. The Matter of Balance class takes place at different HealthTexas locations and covers several weeks. The program helps to reduce the risk of falls and increase activity levels of the participants. The instructors also go over changes to make in the home to reduce the risk of falls.

Some of those include moving items out of walkways, keeping high traffic areas clear of junk, and securing or removing rugs from the home. Cleaning up spills and using non-slip mats in wet areas can also make a difference.

Besides removing items from walking paths, getting into better physical condition helps. HealthTexas also has several videos online called Fitness Fridays. They are available on YouTube. One of our physician assistants, Betty Garrett, leads the class from our Val Verde office. She has done a great job demonstrating exercises that can be done inside your home. Simply moving can help build strength and balance. Both help reduce the risk of falls. Very soon we'll be starting a fitness class on Saturdays with PA Betty and these classes will be at our Dr. Richard S. Reyna Community Center located inside our San Pedro Clinic near downtown San Antonio.





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Lighting your living space can reduce the risk of tripping over things at night. Placing night-lights in hallways, bathrooms, and any walkway will make it safer when walking at night. Beyond that, keeping a path clear to light switches and having easy access to a bedside light will reduce the risk of falling over something.

Bathrooms are also places where falls can happen. Installing handrails, a raised toilet seat, and shower grab bars can help when slips happen. Some also need a shower chair to make bathing safer.

If you are an older adult reading this, talk with your family about helping you make your home a safer place. Also, speak with your doctor about things you can do to get healthier and stronger. If you have an older family member, encourage them to implement these suggestions to reduce their risk of falls.

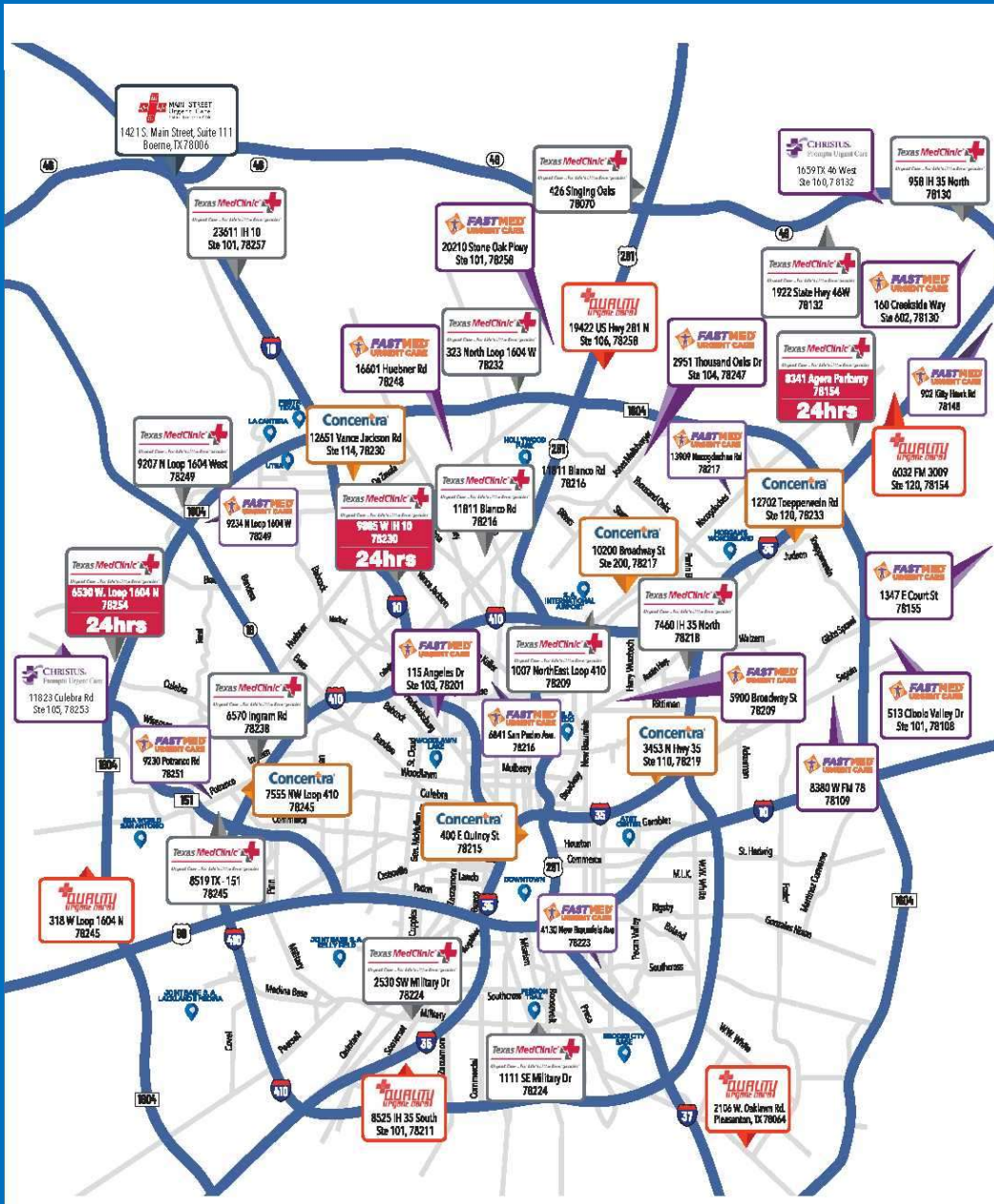
It may not be easy, but reducing their risk of a fall may add years to their lives.



Fitness Saturday Coming soon @ Dr. Richard Reyna Community Center



QPIC Corner



Urgent Care Centers are quicker and more affordable than an ER, and more than likely down the street from you. Many offer online check-in and show wait times! For a full list of locations, please visit QPICSA.com

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Healthy Corner Recipe

Promotes Healthy Aging

<https://www.eatingwell.com/recipe/270287/air-fryer-turkey-stuffed-peppers/>

By: Adam Hickman

Air-Fryer Turkey Stuffed Peppers

Active: 15 minutes, Total Time: 30 minutes, 3 Servings

Ingredients:

- 3 medium red bell peppers
- 1 TBS olive oil
- 12 ounces ground turkey
- ½ c cooked brown rice
- ¼ c panko breadcrumbs
- ¾ c low-sodium marinara sauce
- 3 TBS finely chopped flat-leaf parsley
- ¼ tsp ground pepper
- ¼ c grated parmesan cheese (1 oz)
- ¼ c shredded part-skim mozzarella cheese (1 oz)



Directions:

1. Coat the basket of an air fryer with cooking spray. Cut tops off peppers and reserve. Seed the peppers and set aside.
2. Heat oil in a large skillet over medium-high heat. Add turkey; cook, stirring occasionally, until browned, about 4 minutes. Stir in rice and panko; cook, stirring occasionally, until warmed through, about 1 minute. Remove from heat and stir in marinara, parsley, pepper and parmesan. Divide the mixture evenly among the prepared peppers.
3. Place the peppers in the prepared air-fryer basket. Nestle the pepper tops in the bottom of the basket. Cook at 350 degrees F until the peppers are tender, about 8 minutes. Top with mozzarella; cook until the cheese is melted, about 2 minutes more.

Nutrition Facts:

Per Serving:
407 calories; protein 29.3g; carbohydrates 25.6g; dietary fiber 3.8g; sugars 7.3g; fat 20.6g; saturated fat 5.3g; cholesterol 95.7mg; vitamin a iu 4643.6IU; vitamin c 159.4mg; folate 74.4mcg; calcium 171.7mg; iron 2.7mg; magnesium 58.2mg; potassium 574.6mg; sodium 340.1mg; thiamin 0.2mg.

Published: EatingWell.com, January 2019 by, Adam Hickman